

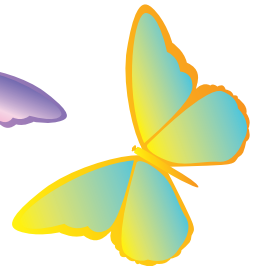


THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT
"WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS"

Tierrasanta Community Pool

11238 Clairemont Mesa Blvd • San Diego, CA 92124
(858) 636-4837 • www.sandiego.gov

Summer Program



Effective: June 23 - September 1, 2008

NON-RESIDENTS MUST PAY TWICE THE RESIDENT RATE.
Programs and fees are subject to change without prior notice.



City of San Diego Learn to Swim Program★

The Learn to Swim Program is designed to teach swimming to children through adults in a positive, fun and safe environment. The City of San Diego offers year-round swim lessons, placing the emphasis on logical skill progression, water safety awareness and endurance. Instructors are all certified by the American Red Cross.

Course descriptions and age ranges should be used as suggested guidelines for appropriate student enrollment. Parents should log on to <http://www.sandiego.gov/park-and-recreation/aquatics> for full description of all classes or contact the Pool Manager. Students may be more accurately assessed on the first day of class for their individual skills and abilities. Students may be transferred to a different class level or be required to repeat a class level. The Pool Manager should be informed of any special needs of the students before the first class session begins.

• **PRIVATE/SEMI-PRIVATE LESSONS** Private or semi-private classes are available for special needs or personal instruction. The instructor will focus on the skills suited for the participant. The Pool Manager can be contacted for more information and the scheduling of private lessons.

• **ADULT LESSONS** (ages 15 and up) Adults are taught individually and as part of a group in a multi-level class of students with varied skills from beginning through advanced.

• **PARENT/TOT** (6 months to 3 years*) The instructors teach and demonstrate swimming techniques to the parents enabling them to safely assist the child in adjusting to the water and understanding pool safety rules. This class is taught with a positive approach placing an emphasis on fun and games.

• **TINY TOTS** (3* to 5 years) Prerequisites: The child is able to understand and obey instructions. Songs and games allow Tiny Tots to adjust to the water and be introduced to basic skills. The class is conducted without parent participation.

• **ADVANCED TOTS** (3* to 5 years) Prerequisites: Successful completion of Tiny Tots or the ability to perform Beginner One skills. Students continue to develop basic swimming skills and coordination while increasing water safety awareness.

• **SUPER TOTS** (3* to 5 years) Prerequisites: Successful completion of Advanced Tots skills. Super Tots are introduced to the skill of side breathing and learn to swim greater distances both on their front and back sides.

*Children age 3 and under are required to wear a tight-fitting "swimsuit diaper" or tight-fitting plastic pants under a swimsuit.

CHILDREN SWIMMING LESSONS (6 years and up)
Lessons include Beginner 1, Beginner 2, Beginner 3, Advanced Beginner, Intermediate, Swimmer and Advanced Swimmer.

• **COMPETITIVE SKILLS I** The Competitive Skills classes are designed for the students interested in the fast track to joining the City of San Diego Swim Team without taking the standard progression of the Learn to Swim Program. The Competitive Skills classes teach swimmers all aspects of the strokes, turns and starts and prepares the swimmer for competition. Stroke alignment and balance will be taught in addition to biomechanics for the freestyle and backstroke competitive swimming strokes.

• **COMPETITIVE SKILLS II** Stroke styles, timing, balance, stroke alignment and bio-mechanics of the short axis strokes: butterfly and breaststroke, will be taught.

MONDAY ~ THURSDAY

SWIM LESSON 8/40 minute classes

Session 1 June 23 - July 3, 2008

Session 2 July 7 - July 17, 2008

Session 3 July 21 - July 31, 2008

Session 4 August 4 - August 14, 2008

Session 5 August 18 - August 28, 2008

MORNING

9:30 am - 10:10 am TT* B2 B3

10:15 am - 10:55 am B1 AT*

11:00 am - 11:40 am PT ST*

AFTERNOON

3:45 pm - 4:25 pm AT* AT* ST* B3

4:30 pm - 5:10 pm TT* TT* ST* B2

5:15 pm - 5:55 pm AT* TT* B1 B2

6:00 pm - 6:40 pm PT TT* B1 B2

6:45 pm - 7:25 pm ADULT*

MONDAY ~ THURSDAY

Competitive Skills Level I 3:45 pm - 4:25 pm

Competitive Skills Level II 4:30 pm - 5:10 pm

FEES:

Large Group

*Small Group

Private Lessons

Semi Private Lessons

Resident

53.75

\$80.75

\$180.00

\$150.00

Non-Resident

\$107.50

\$161.50

\$360.00

\$300.00



City of San Diego Swim League

City of San Diego Swimming (CSDS) is a multi-cultural recreational swim organization for youth ages 5 - 17 years old, which offers a quality, safe and affordable program that is committed to developing well-balanced athletes who compete at the local level. The goal of CSDS is to encourage personal challenges through competition and organized practices; and to promote spirit by supporting each other, working together and HAVING FUN! Prerequisite for joining CSDS is successful completion of Competitive Skills I course or Pool Manager's approval.

WHITE LEVEL

Monday - Friday 4:00 pm - 5:00 pm

June \$20.90

July \$30.80

August \$33.00

SILVER LEVEL

Monday - Thursday 4:00 pm - 5:30 pm

Friday 4:00 pm - 5:00 pm

June \$28.05

July \$41.25

August \$41.80



YOUTH WATER POLO

Participants are introduced to basic water polo skills with emphasis on teamwork and sportsmanship. Participants must be able to swim 200 yards continuously and tread water for one minute.

Tuesday & Thursday 5:30 pm - 7:00 pm

Games held on Fridays.

June \$13.20

July \$27.50

August \$30.80



- The City of San Diego Swimming Pools may close without notice during inclement weather conditions.



WATER FITNESS

Adult/Senior Drop-in fee	\$9.50/class
Seniors/Disabled Discount Passes	\$2.50/class
Adult Discount Passes	\$9.00/class

AQUAFIT

This class is designed for the senior citizen who would like a fun and relaxing way to exercise! It is low-impact class, great for cardio-respiratory fitness and rehabilitation. Exercise is a safe way to lower blood and cholesterol levels and increase muscle strength to enhance daily life. All equipment is provided.

Monday - Thursday 10:30 am - 11:30 am

DEEP H2O WORKOUT

This challenging workout is conducted in deep water. Buoyant and resistive water exercise equipment is provided. Class includes warm-up, cardio-respiratory workout, strengthening and abdominal work, followed by a cool-down period. Deep water exercise is non-impact and provides resistance to all major muscle groups. (Participants must feel comfortable in deep water.)

Monday & Wednesday 5:45 pm - 6:45 pm

Saturday 11:00 am - 12:00 pm



POOLFEST

Saturday, July 26, 2008

12:00 pm - 3:30 pm

FREE FOOD

FREE SWIM ADMISSION

(Sponsored by CVCF)

- ★ A limited number of scholarships and fee waivers (based on financial need) are available. Please contact the Pool Manager for more information.

- All Aquatics programs, schedules and fees may change and/or be cancelled without notice.

NON-RESIDENTS MUST PAY TWICE THE RESIDENT RATE.

GENERAL INFORMATION

Specific lanes/areas will be designated for Lap/Recreational swimming, however, pool may be utilized for other programs during designated Lap/Recreational swim times.

RECREATIONAL SWIM

Monday - Friday	12:00 pm - 3:30 pm
Tuesday & Thursday*	6:45 pm - 8:00 pm
Saturday	11:00 am - 3:30 pm
Sunday	12:00 pm - 3:30 pm
July 4 & September 1, 2008	12:00 pm - 3:30 pm

*Shallow end only.

LAP SWIM HOURS

Monday & Wednesday	7:00 am - 3:30 pm
Tuesday & Thursday	9:00 am - 3:30 pm
Monday - Thursday	6:00 pm - 8:00 pm
Friday	12:00 pm - 6:00 pm
Saturday	11:00 am - 3:30 pm
Sunday	12:00 pm - 3:30 pm
July 4 & September 1, 2008	12:00 pm - 3:30 pm

CHILDREN'S POOL

Monday - Friday	12:00 pm - 3:30 pm
Tuesday & Thursday*	6:30 pm - 7:30 pm
Saturday	11:00 am - 3:30 pm
Sunday	12:00 pm - 3:30 pm
July 4 & September 1, 2008	12:00 pm - 3:30 pm

FACILITY ADMISSION FEES

Adults (16 years & older)	\$5.00/swim
Child/Disabled/Senior (62 & older)	\$1.50/swim

All persons entering the facility during Recreation and Lap Swim times MUST pay the admission fee.

- Discount passes are available for purchase and can be used at all City pools (passes expire one year from the date of issue).
- Children under 7 years of age or less than four feet tall must be accompanied by a paying parent or responsible adult in a swimsuit at all times. While in the water, a parent or responsible adult must remain within arms reach of the child.

SAFETY CHECKS

There may be ten minute safety checks conducted every half hour or every hour during Recreational Swim hours.

RENTALS

All City pools are available to rent for exclusive or shared use (birthday parties, school activities, athletic team activities, company parties, special events, etc.). More information may be obtained from the Pool Manager.

EMERGENCY TESTING

All City pool personnel are subject to emergency testing at any time. Patron patience and cooperation during these drills are greatly appreciated.

REFUND POLICY

Extra care should be given to the selection of classes. There are NO REFUNDS. Class transfers or credit towards another aquatic program may be requested and must be authorized by the Pool Manager. Full refund will be granted only if the class is canceled by the Pool Manager.

VOLUNTEERS NEEDED!

Ongoing opportunities are available at recreation centers, pools and regional parks throughout the City, as well as with senior and therapeutic recreation programs. If you would like to volunteer, please see staff for more information, or visit www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml or contact the Volunteer Office at (619) 533-4017.

DONATIONS

By donating to our park system, you can help the Park and Recreation Department to enrich the lives of others through quality parks and programs. Your gift will help ensure that we meet the needs of the community, including people of all ages, abilities and income levels through recreation, natural open space parks, neighborhood parks, and aquatics programs. For more information on how you can become a donor to your favorite park, pool or recreation program, please call David Monroe, Deputy Director CPII Division, (619) 525-8235.

As a recipient of federal funds, the City of San Diego cannot discriminate against anyone on the basis of race, color, creed, sex, age, national origin or ancestry, religion, pregnancy, physical or mental disability, veteran status, marital status, medical condition, gender (transsexual and transgender), sexual orientation, as well as any other category protected by federal, state or local laws. If anyone believes he or she has been discriminated against, he or she may file a complaint alleging the discrimination with either the City of San Diego Park and Recreation Department (contact District Manager (619) 533-6526) or the Office of Equal Opportunity, U.S. Department of the Interior, Washington, D.C. 20240. This information is available in alternative formats upon request.